

Zucchini Noodles with Basil Pesto

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 6 medium zucchini, spiralized
- 1 cup firmly packed basil leaves
- 2 small cloves garlic, finely chopped
- 60g parmesan cheese, grated
- ¼ cup mixed seeds (sunflower & pumpkin)
- ½ cup extra virgin olive oil
- sea salt

Equipment:

- spiralizer
- food processor
- salad spinner
- knife
- chopping board
- grater
- metric measuring cups/spoons
- scales
- frying pan

Method:

1. Using the spiralizer, make noddles out of the zucchini. Place in a bowl and set aside.
2. To make the pesto, place the parsley, basil, garlic, salt, parmesan and mixed seeds into the bowl of the food processor.
3. Process until fine, then slowly pour the olive oil whilst the machine is on.
4. Season to taste.
5. Place the zucchini noodles into a frying pan with a little oil and cook for a few minutes. Season to taste.
6. Place noodles into a bowl and mix with the pesto. (If pesto is too thick, you can add a little hot water to loosen it up).
7. Serve.